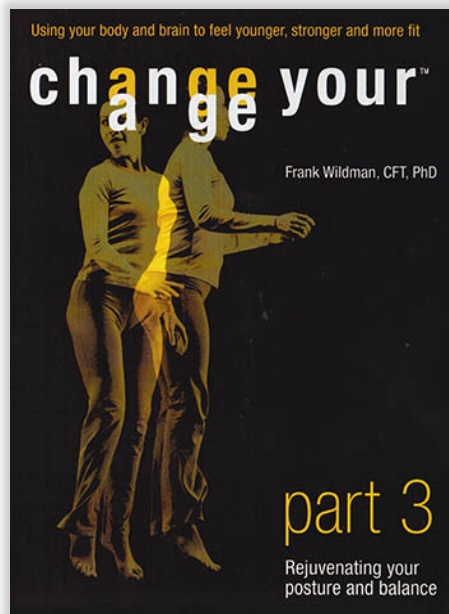




Frank Wildman

Change Your Age

Part 3 Rejuvenating Your Posture and Balance 2011

Rejuvenating your posture and balance		part 3
Lesson 16	"Baby Alligator"	17:30
Lesson 17	Finding the two halves of your body	6:50
Lesson 18	Crawling with knees up and down	2:45
Lesson 18a	Advanced variation	4:50
Lesson 19	Freeing stiff hips and knees	9:45
Lesson 20	Improving balance	13:10
Lesson 21	Standing on the highest point of the hip	10:00
Lesson 22	Jumping to discover your posture	10:50
Lesson 23	Hopping for health	7:10

Archived Resource - 3 x Video DVD's in case